

Young Parents in Lafayette County have been finding parenting assistance and support from the Young Parent Support Group for the past eleven years. This support group is provided to young parents in Lafayette County and the surrounding community by the Lafayette County Health Department. Parenting is one of the hardest jobs any of us will attempt to do. It is very important for these young parents to have the opportunity to build their parenting skills and learn about resources available for them. To provide more resources to our young families, the Young Parents Support Group has been placed under the umbrella of the Building Tools for Young Parents.



Through this expansion we are now providing cribs to qualifying families and have received support from The Children's Trust Fund of Missouri. Other areas of support include a monthly newsletter, a room full of gently used baby clothes, an infant care class and infant massage kits to local parenting programs.

Every decision we make as a community should reflect our concern for our children. The experiences they have as children will have a huge impact on the choices they will make later in life. . Education and resources we provide to parents during this critical time will only improve the cultural and social environment for the entire community.



This program is sponsored with funds from the Lafayette County Health Department and the Children's Trust Fund. Do you want to be a part? Purchase a Children's Trust Fund License Plate, and the funds raised by the sale of this special plate will benefit local child abuse prevention projects. To order, send \$25 to Prevent Child Abuse Missouri, PO Box 1641, Jefferson City, MO 65102-1641 or call or call 1.888.826.KIDS (5437)



LAFAYETTE COUNTY HEALTH
DEPARTMENT
547 South 13 Highway
Lexington MO 64067
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Building Tools for Young Parents Presents the Parent Chat Newsletter For the Young Parents Support Group

When: **January 11, 2011**

Time: **7:00 p.m.**

Where: **Lafayette County Health Department**



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Current Events

Expectant Parent Class

If you are expecting, don't miss this opportunity to receive valuable information. Be the best parent you can be. Sign up for the **Expectant Parent Class** on **March 19, 2011** from **9:00am to 4:00**. Please call for the exact date. The cost for this program is \$20.00 and lunch will be provided. For those qualifying, a scholarship is available.

Nutrition Fetal development Overall safety
 Early newborn care Breast feeding Postpartum
 Relaxation and breathing
 Minimize discomforts of pregnancy

To register or for more information, call 259-4371 to speak to Carolyn.

Cribs

Every child needs a safe place to sleep. A crib is the only safe place designed to leave a child unattended while you are sleeping. If you are pregnant or have a child under three months old, you may

qualify to earn a crib through the Lafayette County Health Department's Crib Program. The Crib comes with a mattress and crib sheets.. Call 259-4371 and speak to Donna to find out more details..



Immunization Clinics:

Every Monday 1-4 pm

Every Wednesday from 8:30 a.m. to 4:00 p.m.

Last Tuesday of each month 8:30-7 pm

Non-Clinic day by appointment only.

Immunization record is required.

Car Seat Safety

When you're an expectant mother, it's important to always wear your seat belt to protect you and your unborn child. Wear the lap belt across your hips and below your belly with the shoulder belt across your chest (between your breasts). Once your baby is born, follow these important safety steps.

GROWING UP SAFE: It's a four-step process.

As children grow, how they sit in your car, truck or SUV should change. Save your child from injury or death by observing all four

steps:

- 1 REAR-FACING SEATS** For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age 1 and at least 20 pounds.
- 2 FORWARD FACING SEATS** When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds).
- 3 BOOSTER SEATS** Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).
- 4 SEAT BELTS** When children outgrow their booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

REMEMBER: All children under 13 should ride in the back seat. Get Help!

ON THE WEB
 Go to www.nhtsa.gov and choose Child Safety Seat information from the menu or click on the child passenger safety icon. The site includes child safety seat installation tips, product ratings, recalls, and other useful information.

BY PHONE
 For more information about child safety seats, booster seats, inspection/fitting stations in your area, seat belts, air bags, and

other highway safety issues, call the DOT Vehicle Safety Hotline at: 1-888-327-4236.

NEAR YOU
 A certified child passenger safety technician can check your installation and answer questions. To find a technician or an inspection station near you, go to www.nhtsa.gov, click on the child passenger safety icon, and then click on the Fitting/Inspection Station link or go to www.seatcheck.org.



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Creativity Corner

Snowflakes

Materials:

- Paper Plates (dinner and dessert size)
- Glue and Brush
- White and Blue Glitter
- Scissors
- Old Newspaper
- Hole Puncher
- Pretty Ribbon



1. Draw a snowflake pattern on the paper plate and cut out. For younger children, adults can precut the snowflakes.
2. Punch a hole in the top edge of the plate.
3. Spreading newspaper on the table.
4. Use a brush to spread the glue all over the plates, front and back. It's really fun and very messy.
5. Shake the glitter all over the plates.
6. Let them dry overnight.

Hang the snowflakes all over your windows the following evening...with each one hung make a wish for snow!

